

Introduction to Kettlebells

Date: March 10, 2009

Location: Saint Paul Police Annex Building
100 E. 10th Street
Saint Paul, MN 55101

Time: 1300-1700

Instructor: Officer Cortez Hull, Russian Kettlebell Challenge Instructor, RKC

Post: 4 Credits

Cost: \$75.00

The Saint Paul Police Department Professional Development Institute is sponsoring a 4-hour course, Introduction to Kettlebells.” Over the last few years, kettlebell training has grown by leaps and bounds in the US and overseas. Thousands of people have experienced the cardio and muscular endurance benefits of kettlebell training. This course is designed to inform you why fitness, the RKC system, kettlebells and joint mobility is related to law enforcement. You will learn about energy systems and how they apply to use of force encounters, basic kettlebell exercises and how to instantly improve your strength. This course is design for sworn and non-sworn alike. This course will give you a super effective training tool for building strength, endurance, flexibility, and core strength. A gym clothes, a towel and drinking water are recommended. Shower facilities are provided.

To register, go to the website: <http://www.ci.stpaul.mn.us/forms.asp?fid=41> and fill out registration form. If you have any questions, please call the Saint Paul Police Department Training Unit at (651) 266-5555 or email: pdi@ci.stpaul.mn.us.